Activity Ideas for children and families to engage in at home

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| --- | --- | --- | --- | --- | --- | --- |
| Children aged 5 to 16 need to be active for at least an hour every day | | | | | | |
| A child under 5 years old needs three hours of activity a day. This includes toddlers and those who can stand by themselves | | | | | | |
|  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |
| **Who / What** | **How** | **Website / resource** | **EYFS** | **KS1** | **LKS2** | **UKS2** |
| Glow by POPSUGAR |  | <https://active.popsugar.com/> |  |  |  |  |
|  |  | strength |  |  | YES | YES |
|  |  | cardio |  |  | YES | YES |
|  |  | yoga |  |  | YES | YES |
|  |  | pilates |  |  | YES | YES |
|  |  | dance |  |  | YES | YES |
|  |  |  |  |  |  |  |
| Gonoodle |  | <https://www.gonoodle.com/> | YES | YES | YES | YES |
|  |  |  |  |  |  |  |
| Cosmic kids yoga |  | [https://www.youtube.com](https://www.youtube.com/) | YES | YES | YES |  |
|  |  |  |  |  |  |  |
| Change4life activities |  | <https://www.nhs.uk/change4life/activities> | YES | YES | YES | YES |
|  |  |  |  |  |  |  |
| Justdance |  | [https://www.youtube.com](https://www.youtube.com/) |  | YES | YES | YES |
|  |  |  |  |  |  |  |
| Superhero workout cards |  | <https://darebee.com/workouts.html> |  | YES | YES | YES |
|  |  |  |  |  |  |  |
| Musical Statues | Any upbeat music |  | YES | YES | YES | YES |
|  |  |  |  |  |  |  |
| Balloon volleyball | Tie string across room and sit down | Balloon and a piece of string/twine | YES | YES | YES | YES |
|  |  |  |  |  |  |  |
| Fitness jenga | Write different activities on different blocks - 10 star jumps / sit ups | Jenga Blocks and a pencil |  | YES | YES | YES |
|  |  |  |  |  |  |  |
| Paper airplanes | Practice throwing | Paper | YES | YES | YES | YES |
|  |  |  |  |  |  |  |
| Balance a beanbag on your heads while walking/ or a book | Make this more challenging by setting up a simple slalom course | Bean bag / small bag filled with rice | YES | YES | YES | YES |
|  |  |  |  |  |  |  |
| Play wheelbarrow | Holding your child's legs while he or she walks forward on hands |  |  | YES | YES | YES |
|  |  |  |  |  |  |  |
| Treasure hunt | draw cartoon characters and hide them around the house | Paper | YES | YES | YES | YES |
|  |  |  |  |  |  |  |
| Masking tape hopscotch |  | Tape/ String | YES | YES | YES | YES |
|  |  |  |  |  |  |  |
| Get children involved with cooking and cleaning |  |  |  |  | YES | YES |
|  |  |  |  |  |  |  |
| Build a fort / den |  | Anything and Everything! | YES | YES | YES | YES |
|  |  |  |  |  |  |  |
| Disney workouts |  | <https://www.thisgirlcan.co.uk/activities/disney-workouts/> | YES | YES | YES | YES |
|  |  |  |  |  |  |  |
| Indoor activities for children |  | <https://www.nhs.uk/change4life/activities/indoor-activities> | YES | YES | YES | YES |
|  |  |  |  |  |  |  |
| Accessible activities |  | <https://www.nhs.uk/change4life/activities/accessible-activities> | YES | YES | YES | YES |
|  |  |  |  |  |  |  |
| Some activities to do at home |  | <https://www.goodtoknow.co.uk/family/things-to-do-with-kids-66855> | YES | YES | YES | YES |
|  |  |  |  |  |  |  |
| Active children |  | <https://www.activekidsdobetter.co.uk/active-home> | YES | YES | YES | YES |
|  |  |  |  |  |  |  |
| Generic for all ages |  | <https://www.sportengland.org/news/how-stay-active-while-youre-home> | YES | YES | YES | YES |
|  |  |  |  |  |  |  |
| Balloon Tennis with Judy Murray |  | <https://www.youtube.com/watch?v=bS-8EUIu7L4> | YES | YES | YES | YES |
|  |  |  |  |  |  |  |
| Multi skills |  | <https://www.youtube.com/channel/UCy_SgHJ6oZRBQLu8D7NOT0A/videos> | YES | YES | YES | YES |
|  |  |  |  |  |  |  |
| 5 minute workouts | [www.thebodycoach.com](http://www.thebodycoach.com) | <https://www.youtube.com/watch?v=d3LPrhI0v-w> | YES | YES | YES | YES |
|  |  |  |  |  |  |  |
| Real Play | **real play** will be FREE for any family to access if schools are closed.  Click [**here**](https://vimeo.com/398010428) to view the **real play** at home video to preview what this looks like. <https://vimeo.com/398010428>  An expression of interest should be sent to [jasmine@createdevelopment.co.uk](mailto:jasmine@createdevelopment.co.uk) |  | YES | YES | YES | YES |
|  |  |  |  |  |  |  |
| Creating an obstacle course |  | <https://keepingkidsinmotion.com/> |  |  | YES | YES |
|  |  |  |  |  |  |  |
| Youth sport trust ideas |  | <https://www.youthsporttrust.org/free-home-learning-resources> | YES | YES | YES | YES |
|  |  |  |  |  |  |  |
| Rugby related activities |  | <https://bit.ly/2UhntPp> |  | YES | YES | YES |
|  |  |  |  |  |  |  |
| Active Charades |  |  |  |  | YES | YES |